

# NOON FITNESS

1200 - 1245 hrs

16 February to 31 March 2026



NO CLASS ON 26 March

Monday

- Circuit Training and Skating

Tuesday

- Indoor Cycling and Skating

Wednesday

- Yoga

Thursday

- Circuit Training and Skating

Friday

- Mobility and Flexibility

Serving **CAF members** must show their ID card at our Front Desk and obtain an orange program card.

**Retired military, military spouses and DND/NPF staff** must have a **valid PSP Plan** and have completed the required paperwork prior to attending a class. **Classes are free** and participants must obtain a yellow program card from the front desk, before attending a class. Paperwork must be updated every 6 months.

The program card must be given to the Fitness and Sports Instructor at the start of each class.